

EFFECT OF YOGA ON PREDIABETIC OBESE ADULTS

ABSTRACT

BACKGROUND OF THE STUDY:

Change in life style behaviour, sedentary habits and stress leads on to obesity and prediabetes which finally ends up with full blown diabetes. Yoga asanas can make the body fit, calm the mind and pave way for a stress free well-being.

INTRODUCTION:

Overweight and obesity are the law suit for insulin resistance thereby, ending up with prediabetes. Deterrence of this prediabetes can occur by change in life syle behaviour and increased physical activity.Yoga and exercise play an indispensable role in physical activity. Yoga has been virtually advised due to its supremacy role on parasympathetic nervous system, which ensures the mind and body well-being.

AIM OF THE STUDY:

To study the effect of yoga on blood sugar and body mass index values at 40 days, 3 months and 6 months of yoga training.

MATERIALS AND METHODS:

This is a cross sectional study, conducted in Department of Yoga and Naturopathy sciences, Coimbatore Medical College and Hospital, Coimbatore. 50 male and 50 female subjects of age group 20-50 years with obesity and prediabetes were screened and trained to do yoga asanas. Their blood sugar and BMI values were assessed after 40 days, 3 months,6 months of regular yoga practice.

RESULTS:

Data collected from the subjects were coded in master chart. Using SPSS 20 version software, mean, standard deviations, ' p' values were calculated. Paired't' test was used for comparison of parameters. There was a significant decrease in blood sugar and BMI values following regular yoga training.

CONCLUSION:

In the present study, there is a significant decrease in blood sugar and BMI values following 40 days, 3 months and 6 months of yoga practice. Regular yoga practice paves way for mind and body well being.

KEY WORDS: Insulin resistance, Prediabetes, BMI, Yoga.